THAT WHICH IS CLAIMED IS:

1. A method for reducing pressure damage to skin of a person, the method comprising:

determining at least one location on the person susceptible to pressure damage; and

adhesively securing a skin protective device to the at least one location, the skin protective device comprising a substrate having an inner surface and an outer surface, an adhesive layer substantially covering the inner surface, and at least one fluid-filled cell on the outer surface.

2. A method according to Claim 1 wherein the skin protective device further comprises a removable protective layer on the adhesive layer; and further comprising removing the protective layer before adhesively securing the skin protective device.

3. A method according to Claim 1 wherein the at least one fluid-filled cell comprises a plurality of fluid-filled cells in a side-by-side relation.

4. A method according to Claim 1 wherein the at least one fluid-filled cell defines an exposed outermost surface for the skin protective device.

5. A method according to Claim 1 wherein the at least one fluid-filled cell is filled with at least one of a gas, liquid and gel.

6. A method according to Claim 1 wherein the

adhesive layer covers at least 75% of the inner surface of the substrate.

7. A method according to Claim 1 wherein the substrate has a substantially uniform thickness throughout.

8. A method according to Claim 1 wherein the substrate comprises a polymer; and wherein the adhesive layer comprises hydrocolloid.

9. A method according to Claim 1 wherein the substrate has a flat shape.

10. A method according to Claim 1 wherein the substrate has a predetermined arcuate shape.

11. A method according to Claim 1 wherein the substrate comprises a flexible material

12. A method according to Claim 1 wherein the substrate comprises a shape-retaining material.

13. A method according to Claim 1 wherein the at least one location includes at least one of a toe, heel, ankle, trochanter, knee, sacrum, coccyx, buttocks, ischium, scapula, elbow and occiput.

14. A skin protective device for reducing pressure damage to skin of a person and comprising:

a substrate having an inner surface to be positioned adjacent the skin of the person, and an outer surface;

an adhesive layer substantially covering the inner surface of said substrate for adhesively securing the substrate to the skin of the person;

at least one fluid-filled cell on the outer surface of said substrate to cushion the skin of the person; and

a removable layer on the adhesive layer to protect said adhesive layer prior to application to the skin of the person.

15. A skin protective device according to Claim 14 wherein said at least one fluid-filled cell comprises a plurality of fluid-filled cells in a side-by-side relation.

16. A skin protective device according to Claim 14 wherein the at least one fluid-filled cell defines an exposed outermost surface for the skin protective device.

17. A skin protective device according to Claim 14 wherein said at least one fluid-filled cell is filled with at least one of a gas, liquid and gel.

18. A skin protective device according to Claim 14 wherein said adhesive layer covers at least 75% of the inner surface of said substrate.

19. A skin protective device according to Claim 14 wherein said substrate has a substantially uniform thickness throughout.

20. A skin protective device according to Claim 14 wherein said substrate comprises a polymer; and wherein said adhesive layer comprises hydrocolloid.

21. A skin protective device according to Claim 14 wherein said substrate has a flat shape.

22. A skin protective device according to Claim 14 wherein said substrate has a predetermined arcuate shape.

23. A skin protective device according to Claim 14 wherein said substrate comprises a flexible material.

24. A skin protective device according to Claim 14 wherein said substrate comprises a shape-retaining material.

25. A skin protective device for reducing pressure damage to skin of a person and comprising:

a substrate having an inner surface to be positioned adjacent the skin of the person, and an outer surface;

an adhesive layer substantially covering the inner surface of said substrate for adhesively securing the substrate to the skin of the person;

a plurality of fluid-filled cells on the outer surface of said substrate to define an exposed outermost surface for the skin protective device to cushion the skin of the person; and

a removable layer on the adhesive layer to protect said adhesive layer prior to application to the skin of the person.

26. A skin protective device according to Claim 25 wherein said adhesive layer covers at least 75% of the inner surface of said substrate.

27. A skin protective device according to Claim 25 wherein said substrate has a substantially uniform thickness throughout.

28. A skin protective device according to Claim 25 wherein said substrate comprises a polymer; and wherein said adhesive layer comprises hydrocolloid.

29. A skin protective device according to Claim 25 wherein said substrate comprises a flexible material.

30. A skin protective device according to Claim 25 wherein said substrate comprises a shape-retaining material.